



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09118, Grapefruit, raw, white, Florida

Report Date: June 30, 2017 10:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	90.76	16	0.045	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	134	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.63	16	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.32	16	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	8.19	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
<strong>Minerals</strong>													
Calcium, Ca	mg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.05	16	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	9	16	0.400	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	7	16	0.400	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	150	8	2.475	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	0	8	0.039	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.056	16	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.011	16	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	37.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	μg	9	3	1.051	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	9	3	1.051	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a> <a href="#">2</a>	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Threonine <a href="#">1</a> <a href="#">2</a>	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Isoleucine <a href="#">1</a> <a href="#">2</a>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Leucine <a href="#">1</a> <a href="#">2</a>	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Lysine <a href="#">1</a> <a href="#">2</a>	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Methionine <a href="#">1</a> <a href="#">2</a>	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Cystine <a href="#">1</a> <a href="#">2</a>	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Phenylalanine <a href="#">2</a>	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003

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Tyrosine <a href="#">1</a> <a href="#">2</a>	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Valine <a href="#">1</a> <a href="#">2</a>	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Arginine <a href="#">1</a> <a href="#">2</a>	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Histidine <a href="#">1</a> <a href="#">2</a>	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Alanine <a href="#">1</a> <a href="#">2</a>	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Aspartic acid <a href="#">1</a> <a href="#">2</a>	g	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glutamic acid <a href="#">1</a> <a href="#">2</a>	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glycine <a href="#">1</a> <a href="#">2</a>	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Proline <a href="#">1</a> <a href="#">2</a>	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Serine <a href="#">1</a> <a href="#">2</a>	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD